



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Wellness Challenge

### Contact Information

<b>Main Contact Person</b>
Jarod Benrud
<b>Title of Main Contact</b>
P.E. Teacher/Coach
<b>School Name</b>
La Crosse Central High School
<b>School District Name</b>
La Crosse
<b>Contact Phone Number</b>
608-789-7900 ext. 4059
<b>Contact Email Address</b>
jbenrud@sdlax.k12.wi.us

### Program Information

<b>Program Name</b>
Wellness Challenge
<b>Program Category</b>
Keep a log of activities, points scored for various activities
<b>Grade Level</b>
High School (9-12)
<b>Assessment Method</b>

## Program Information

### Products Developed or Materials Used:

### Program Description:

Teachers and staff get on wellness teams and compete to see which groups can accumulate the most points by making healthy lifestyle decisions (ie exercising, eating right, avoiding smoking and alcohol, sleeping, etc). At the end of each week, the points are added up.

For information on other **Physical Education Best Practices**, visit the website at:  
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:  
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: [Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)  
[Morgajq@dhfs.state.wi.us](mailto:Morgajq@dhfs.state.wi.us) (Jon Morgan, Physical Activity Coordinator)  
[Pesikme@dhfs.state.wi.us](mailto:Pesikme@dhfs.state.wi.us) (Marv Pesik, Program and Grant Coordinator)